



HIGH SCHOOL LEAGUE FORMAT 2017-18

Standard for All Matches:

- *If teams are from different leagues, then the format for the host school will apply.*
- *Home team shall provide the scorekeeper and libero tracker. If home team is not using a libero, then the visiting team shall provide a tracker (at the score table) if they intend to use a libero.*
- *Home team always gets the first on-court warm-up time unless otherwise noted.*
- *Coaches must determine in the pre-match conference which ball will be used. If opposing coaches agree to play with a multicolored ball, the home team colored ball will be used. If the coaches do not agree, then an all-white ball will be used.*
- *Please ensure that all people serving as lines judges, whether students or adults, are in proper footwear.*

METRO

Bainbridge, Ballard, Bishop Blanchet, Chief Sealth, Cleveland, Eastside Catholic, Franklin, Garfield, Holy Names, Ingraham, Lakeside, Nathan Hale, Rainier Beach, Roosevelt, Seattle Prep, West Seattle

	JV/C	Varsity
Warm-Up:	6 Home / 6 Visitor / No shared serving	8 Shared / 6 Home / 6 Visitor / No shared serving
Games:	Guaranteed 3 Deciding rally to 15 / Win by 2 with no cap Non-deciding rally to 15	3/5 Rally to 25 / Win by 2 with no cap 5 th set to 15 / Win by 2 with no cap
Line Judges:	Home team provides line judges.	

KINGCO 3A

Bellevue, Interlake, Juanita, Lake Washington, Liberty, Mercer Island, Redmond, Sammamish

	JV/C	Varsity
Warm-Up:	8 Shared / 5 Home / 5 Visitor / 2 Serve	8 Shared / 5 Home / 5 Visitor / 2 Serve
Games:	Guaranteed 3 Deciding rally to 15 / Win by 2 with no cap Non-deciding rally to 15	3/5 Rally to 25 / Win by 2 with no cap 5 th set to 15 / Win by 2 with no cap
Line Judges:	Home team provides 2 adults whenever possible.	

KINGCO 4A

Bothell, Eastlake, Inglemoor, Issaquah, Mount Si, Newport, North Creek, Skyline, Woodinville

	JV/C	Varsity
Warm-Up:	5 Shared / 7 Visitor / 7 Home / No shared serving	5 Shared/ 7 Visitor / 7 Home /No shared serving
Games:	Guaranteed 3 Deciding rally to 15 / Win by 2 with no cap Non-deciding rally to 15	3/5 Rally to 25 / Win by 2 with no cap 5 th set to 15 / Win by 2 with no cap
Line Judges:	Home team provides both line judges. May be different person each game. Instructions to all at pregame.	
Note that visitor gets court first.		



HIGH SCHOOL LEAGUE FORMAT 2017-18

NORTH PUGET SOUND LEAGUE (NPSL) - 4A

Cascade Division: Hazen, Kennedy Catholic, Kentlake, Kent-Meridian, Kentridge, Kentwood, Mt. Rainier, Tahoma

	JV/C and Frosh	Varsity
Warm-Up:	10-minute shared warm-up starts at 5:20 pm / Coin flip/ 6 Home / 6 Visitor / No shared serving	10 Shared / Coin flip/ 8 Home / 8 Visitor / No shared serving
Games:	Guaranteed 3 Deciding rally to 15 / Win by 2 with no cap Non-deciding rally to 15/Win by 2 with no cap Non-deciding third set will be played without regard to time	Start time is <u>no</u> earlier than 7:15 pm 3/5 Rally to 25 / Win by 2 with no cap 5 th set to 15 / Win by 2 with no cap
Line Judges:	Home team provides line judges. No one in uniform is allowed to serve as a line judge. Home team provides adult or trained students for varsity matches.	

Senior Nights: Senior nights will be no longer than 15 minutes. Senior night ceremonies will take place PRIOR to the start of the shared warm up.

SOUTH PUGET SOUND LEAGUE (SPSL) – 2A

Division 1: Clover Park, Eatonville, Highline, Orting, Renton, River Ridge, Steilacoom and Tyee.

Division 2: Evergreen, Fife, Foss, Foster, Franklin Pierce, Lindbergh, Washington and White River.

	JV/C	Varsity
Warm-Up:	Shared warm-up is 5 minutes followed by the coin flip and then timed warm-up of 5 Home/5 Visitor/1 Serve. Shared warm-up starts at 5:28 PM. Timed warm-up starts at 5:33 PM. Start time is 5:45 PM	Shared warm-up is 7 minutes followed by the coin flip and then timed warm-up of 7 Home/7 Visitor/1 Serve. Start time is NO earlier than 7:15 PM
Games:	Guaranteed 3 <u>Third set to 15 win by two-no cap</u> Non-deciding starting after 7 PM will not be played	3/5 Rally to 25 / Win by 2 with no cap 5 th set to 15 / Win by 2 with no cap
Line Judges:	Home team provides both line judges for ALL matches	

EMERALD CITY

Annie Wright, Bear Creek, Bush School, Eastside Prep, Forest Ridge, Northwest School, Overlake, Seattle Academy, University Prep

	JV/C	Varsity
Warm-Up:	5 Home / 5 Visitor / 2 Serve	5 Shared / 5 Home / 5 Visitor / 2 Serve
Games:	Guaranteed 3 Rally to 25 / Win by 2 with no cap Deciding rally to 15 / Win by 2 with no cap Non-deciding rally to 15	3/5 Rally to 25 / Win by 2 with no cap 5 th set to 15 / Win by 2 with no cap
Line Judges:	Home team provides two, qualified (adult) line judges whenever possible.	



HIGH SCHOOL LEAGUE FORMAT 2017-18

NISQUALLY

Bellevue Christian, Cascade Christian, Charles Wright, Seattle Christian, Vashon Island

	JV/C	Varsity
Warm-Up:	7 Home / 7 Visitor / 2 Serve	7 Home / 7 Visitor / 2 Serve
Games:	Guaranteed 3 All three sets, rally to 25/ Win by 2 with no cap* (4:30 JV games) If the third set begins after 5:30, then the teams will play to 15.	3/5 Rally to 25 / Win by 2 with no cap 5 th set to 15 / Win by 2 with no cap
Line Judges:	Home team provides both line judges.	

SEATAC

*Auburn Adventist (2B), Christian Faith, Crosspoint Academy (2B), Evergreen Lutheran, Mt. Rainier Lutheran, NW Yeshiva, Puget Sound Adventist, Pope John Paul II, Quilcene, Rainier Christian, **Seattle Lutheran (1B)** and Tacoma Baptist.*

	JV/C	Varsity
Warm-Up:	5 Shared / 5 Visitor / 5 Home / 2 Serve	5 Shared / 5 Visitor / 5 Home / 2 Serve
Games:	Guaranteed 3 Rally to 25 / Win by 2 with no cap Deciding rally to 15 / Win by 2 with no cap Non-deciding rally to 15	3/5 or Home team can request Guaranteed 5 Rally to 25 / Win by 2 with no cap 5 th set to 15 / Win by 2 with no cap
Line Judges:	Home team provides line judges. Visiting team may provide a line judge upon approval by the home team.	
Note that visitor gets court first. If visiting team is late, home team warms up first		

Northwest 1A/2B

Shoreline Christian

	JV/C	Varsity
Warm-Up:	5 Shared / 5 Home / 5 Visitor / 2 Serve <i>Times may be shortened for JV matches of island school teams if mutually agreed upon</i>	5 Shared / 5 Home / 5 Visitor / 2 Serve
Games:	Guaranteed 3 <u>All</u> games rally to 25 / Win by 2 with no cap	3/5 Rally to 25 / Win by 2 with no cap 5 th set to 15 / Win by 2 with no cap
Line Judges:	Home team provides line judges. Every effort will be made to have adult line judges.	

CASCADE CONFERENCE/2A

Cedar Park Christian

	JV/C	Varsity
Warm-Up:	6 Shared / 6 Visitor / 6 Home / 2 Serve	6 Shared / 6 Visitor / 6 Home / 2 Serve
Games:	Guaranteed 3 All games rally to 25 / Win by 2 with no cap Deciding 3rd set to 15/win by 2 with no cap Non-deciding 3rd set-not to start after 6:15 PM	3/5 Rally to 25 / Win by 2 with no cap 5 th set to 15 / Win by 2 with no cap
Line Judges:	Home team provides line judges.	
Note that visitor gets court first.		